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# CALIFORNIA STATE BOARD OF HEALTH

## Weekly

## Bulletin



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### Safety for Swimmers.

#### RADIO HEALTH TALK No. 2.

Swimming, under proper conditions, is one of the most healthful of all sports. Through failure to observe certain necessary precautions, however, many swimmers, every year, lose their lives. It is unfortunate that more people do not know and observe the simple rules for swimming in safety. They are based upon common sense, and are not hard to remember. Some of the most important of these rules are the following:

Don't swim right after eating. Wait for about two hours.

Don't swim while overheated. Wait until you have cooled off. Failure to observe these rules frequently causes cramps.

Don't swim until you are completely exhausted. Stop before you get "that tired feeling." Fish can swim all day without getting tired, but a human being can not.

If you are going to dive into the water, make certain that it is deep enough. Many a perfectly good head has been completely ruined by suddenly crashing upon the hard concrete or rocky bottom of a swimming place.

Should you be caught in a swift current or undertow, don't thrash your arms and legs wildly. Let the force of the current bring you to the surface. Keep your head. You will need it.

Always have your arms in position ready for taking a stroke. You might step into a hole and need a quick stroke to get you out.

Don't go into a swimming pool if you are not well. Communicable diseases, such as typhoid fever, common colds,

pink-eye, skin, eye, ear, nose and throat infections are frequently spread in swimming pools by persons who are suffering from such diseases.

Insist upon using a clean, sterilized swimming suit and towel. California, as well as many other states, requires proprietors of public swimming pools to provide clean suits and towels for their patrons. They are also required to furnish clean water, and people who use public swimming pools are required to cooperate in keeping pool waters clean and in observing the simple rules of safety in force at such places.

Everyone who swims should know how to revive a drowning person. If you are a swimmer and don't know what to do when a person apparently drowns, learn right now how to apply the Shaefer prone pressure method of resuscitation. If every swimmer knew about this method and were to put it into use immediately, whenever necessary, many lives could be saved each year. The American Red Cross issues bulletins on swimming and life-saving, in which the Schaefer prone pressure method of reviving persons who appear to be drowned, is described in complete detail. The description of this method is too long for broadcasting, but it is easy to learn. Write to the American Red Cross for circulars on life-saving methods.

If all swimmers will observe the simple rules of safety as outlined in this radio talk, they can do much to make swimming a safer sport. There is no form of recreation more healthful. It remains only for those who indulge in swimming to remove its dangers and destroy the fears of many who are too timid to venture near the water.

### Millions of Campers Toured State Last Year.

The Chief Sanitary Inspector of the California State Board of Health, E. T. Ross, has received 250 reports from private and municipally owned automobile camps scattered throughout California. These reports are based upon a questionnaire sent to the superintendents of all automobile camps. The data gathered from these sources indicate that no less than 350,000 automobiles entered the public camps of California during the 1923 season. These vehicles brought 1,225,000 people, who spent nearly \$1,000,000 for camping privileges, supplies, etc. These data indicate the extent of automobile camping in this state, and prove the necessity for the maintenance of strict supervision over the sanitation of all automobile camps.

Many of the superintendents, in their reports complained of the roadside campers who are permitted to occupy available campsites along the highway, without observing any of the ordinary procedures for maintaining clean camps. It would seem that the time is not far distant when roadside camping, without sanitary supervision, will be prohibited. Promiscuous disposal of sewage, garbage, and other wastes constitutes an important factor in the spread of typhoid fever and the breeding of flies and other insects. When there are so many well regulated campgrounds available there can be no excuse for permitting unsanitary roadside camps to exist.

Some of the camp superintendents complain of established automobile camps that are not conducted in accordance with the prescribed regulations for sanitation of camps. With the tremendous increase in the number of such places that has occurred during the past two years, the sanitary inspection staff of the California State Board of Health is severely taxed in its efforts to visit all camps during the season, while they are in operation. It is impossible to keep a complete check upon the sanitation of all such places at all times. For these reasons, the state board of health requests that the traveling public submit complaints concerning the bad sanitation of any automobile camp in the state to the secretary of the board at Sacramento. Such complaints will receive prompt and careful attention.

The United States Forest Service has reported that upwards of 3,000,000 people entered the United States forest reserves in California during the past season. The migration of these vast numbers of people during the summer months constitutes a public health problem of great importance. It is only

through the full cooperation of local officials, camp superintendents and the general public, that this seasonal migration can be handled without detriment to the public health. That these large numbers of people have been moved about the state without affecting the health of the general public seriously, speaks well for the maintenance of sanitation, as required in the State Board of Health regulations, in most camps now being conducted in every part of the state.

### Toxin Antitoxin Saves Lives.

Mothers and fathers that love their children and do not wish them to die of diphtheria ought to have them immunized against that disease. They ought to do it now, during these weeks when colds that lower the resistance are so easy to get.

Every year in this country 12,000 people die of diphtheria. Four-fifths of these are children less than five years of age, little creatures that have hardly begun to live. Almost all of these could be saved if their parents were wise.

Babies of three months, or less, are usually immune to diphtheria through inheritance from their mothers. This wears off until very few children of two years or more are naturally immune.

But babies' lives can be saved. Three tests for diphtheria are possible. One is the Schick test to determine immunity. A tiny bit of diphtheria toxin is injected into the skin. Nothing happens if immunity is present; a redness occurs if there is no immunity. An antitoxin can be used to cure children that are sick of diphtheria. And children can be made almost entirely safe from the disease by the injection of a mixture of toxin and antitoxin, which maintains a state of active immunity.

Toxin antitoxin is the last defensive invention of the medical profession. When it was used in Auburn, New York, in 1921-22, it cut down the number of school days lost through diphtheria from 22,438 to 1189 in one year. It would save many babies' lives in this city. Any doctor can administer it and it costs no more than one doctor's visit to a sick baby.—San Francisco Call.

"The most sacred thing in the commonwealth and to the commonwealth is the child, whether it be your child or the child of the dull-faced mother of the hovel. The child of the dull-faced mother may, as you know, be the most capable child in the state."

—William Henry Page.

### Safeguarding Swimming Pools.

The California State Board of Health, under the law, has supervision over the sanitation, healthfulness, cleanliness and safety of public swimming pools within the state, together with authority to make and enforce rules and regulations pertaining to the sanitation of such places. Since there are 400 public swimming pools in California, the inspection of pools and the issuance of permits to proprietors of such establishments, constitutes considerable work.

Permits to operate public swimming pools are required under the provisions of chapter 63, acts of 1917, any of which are revocable or subject to suspension at any time if it is determined that the place is conducted in a manner that may be dangerous to the public health.

The regulations governing the sanitation of swimming pools require:

1. That the bacterial contamination of the water in the pool shall be maintained at a practical minimum;
2. That the water in the pool shall at all times of use be sufficiently transparent to permit a person standing at the side of the pool to see the bottom of the pool where the depth of the water is six feet or less;
3. That dressing rooms, hallways, toilet rooms, shower rooms or other places to which patrons of a bath house have access, shall be kept clean and well ventilated at all times;
4. That facilities shall be provided for adequately protecting the pool water against unnecessary sputum contamination by bathers;
5. That all persons known or suspected of being afflicted with infectious diseases shall be excluded from the pool;
6. That contamination of the pool resulting from lack of personal cleanliness shall be reduced to a minimum;
7. That construction and appliances shall be such as to reduce to a practical minimum danger of drowning and of injury to bathers from falls or collision; and
8. That bathing suits and towels, when distributed to bathers by the pool management, shall be free from excessive bacterial contamination.

The enforcement of these regulations are effective in reducing the number of cases of communicable diseases contracted in swimming pools. It must be remembered, however, that infectious material from the nose and

throat of an infected person may float upon the purest of pool water, only to be the source of infection for other persons who may come into contact with it. In spite of the high standards maintained, a well person entering a common pool with other individuals may contract a common cold or other disease from the body discharges of other bathers. The maintenance of high standards of sanitation reduces the hazard to a minimum, but no one can enter a common pool with other persons without taking a certain risk of contracting an infection.

### Santa Ana and Orange Join Full-Time Unit.

The cities of Santa Ana and Orange have transferred their health departments to the full-time unit that has been operating in Orange County for more than a year. Santa Ana has agreed to provide \$9,000 annually for the maintenance of its public health and sanitation. The city of Orange has agreed to contribute \$2,400 annually for like service.

The Orange County full-time health unit, under Dr. Leland W. Mitchell, County Health Officer, has accomplished gratifying results since its organization, in December, 1922. This unit will be able to operate with even greater efficiency now that Santa Ana and Orange are included in the territory which it serves.

### MORBIDITY.\*

#### Diphtheria.

234 cases of diphtheria have been reported, as follows: Los Angeles 69, San Francisco 56, Berkeley 9, Oakland 14, Long Beach 6, Los Angeles County 15, Stockton 7, San Mateo County 6, Sacramento 6, Fresno County 3, Rialto 4, Alameda 2, Richmond 1, Contra Costa County 1, San Luis Obispo 1, Colton 1, National City 1, Lodi 1, Turlock 3, Stanislaus County 1, Ukiah 1, Emeryville 2, Bakersfield 2, Gridley 1, Tulare County 1, Taft 1, San Fernando 1, Alameda County 1, Whittier 2, Redondo 1, Huntington Park 1, Alhambra 1, Sanger 3, Fresno 3, San Jose 2, Walnut Creek 1, Monterey Park 3.

#### Scarlet Fever.

282 cases of scarlet fever have been reported, as follows: San Francisco 67, Los Angeles 62, Los Angeles County 36, Berkeley 8, Oakland 11, Fresno County 8, Santa Barbara 5, Fresno 11, Ventura 1, Hanford 1, Merced County 1, Sacramento 4, Whittier 1, Bakersfield 1, Patterson 1, Taft 3, San Bernardino 1, Pomona 1, Long Beach 1, Madera County 1, Oakdale 2, Lodi 1, San Joaquin County 2, San Luis Obispo 1, Kern County 3, Burbank 1, Stockton 3, Orange County 2, Pinole 1, Holtville 3, Alameda 1, El Dorado County 1, San Mateo County 2, Venice 2, Santa Cruz 1, Whittier 3, Hermosa 1, Alhambra 3, Compton 1, La Verne 1, Glendora 2, Sanger 2, Huntington

\*From reports received on March 31 and April 1 for week ending March 29.

Park 1, Stanislaus County 1, San Jose 3, Napa 4, Corona 1, Burlingame 2, Vallejo 1, Chino 3, Huntington Beach 2.

#### Measles.

1231 cases of measles have been reported, as follows: Los Angeles 340, San Francisco 92, Fresno 153, Los Angeles County 72, Berkeley 39, Riverside 57, Alameda 5, Kern County 12, Fresno County 6, Stanislaus County 6, Modesto 8, San Joaquin County 11, Chico 7, Santa Monica 8, San Luis Obispo 5, Merced County 5, Sacramento 6, Bakersfield 8, Lindsay 13, San Bernardino 8, Visalia 22, Colusa 16, San Bernardino County 18, Taft 8, Pomona 7, San Fernando 20, Whittier 5, Alhambra 11, Azusa 14, Lemoore 23, Oakland 51, Madera 11, Long Beach 14, Oakdale 11, Huntington Park 5, San Jose 32, Ontario 6, Napa 9, Santa Barbara 6, Mountain View 1, Orange County 3, Solano County 4, Siskiyou County 3, Yreka 1, Madera County 2, Mill Valley 1, Glendora 4, Piedmont 4, Gridley 1, San Mateo County 1, Montebello 5, Turlock 1, Imperial 2, Fowler 3, Colusa County 1, Alameda County 2, Monterey County 1, Monrovia 4, Compton 2, San Gabriel 2, Lodi 1, Rialto 2, Burbank 2, Watsonville 1, Venice 3, Sutter County 1, Santa Paula 1, Vacaville 2, Colton 4, Santa Rosa 1, Hanford 1, Merced 1, Walnut Creek 1, Napa County 2, San Luis Obispo County 3, Vallejo 1, Monterey Park 3, Pittsburg 1, Eureka 1, Huntington Beach 1.

#### Typhoid Fever.

15 cases of typhoid fever have been reported, as follows: Santa Ana 4, Orange County 3, Monterey County 4, San Francisco 2, Oakland 2.

#### Smallpox.

301 cases of smallpox have been reported, as follows: Los Angeles 102, Los Angeles County 47, Long Beach 29, San Bernardino 26, National City 5, Colton 8, Hermosa 6, Orange County 5, Ontario 11, Huntington Beach 14, Lassen County 1, Ventura County 2, Riverside 2, Kern County 1, Venice 1, Montebello 1, Inyo County 1, Santa Monica 2, San Francisco 2, Burbank 1, Eureka 1, San Bernardino County 4, Taft 1, Bakersfield 2, El Segundo 2, Hawthorne 2, Torrance 1, Redondo Beach 1, South Gate 1, Compton 2, Huntington Park 3, Alhambra 2, Azusa 2, Santa Barbara 2, Oakland 1, San Luis Obispo County 1, Monterey Park 2, Chino 4.

#### Whooping Cough.

37 cases of whooping cough have been reported, as follows: Oakland 2, Fresno 1, Fullerton 3, Orange County 4, San Francisco 3, Los Angeles County 2, Long Beach 4, Stockton 1, Venice 3, Colton 3, San Bernardino 1, Hermosa 2, Manhattan 3, Redondo 2, Mill Valley 3.

#### Cerebrospinal Meningitis.

Fresno reported one case of epidemic cerebrospinal meningitis.

#### Poliomyelitis.

Two cases of poliomyelitis have been reported, as follows: Los Angeles County 1, Los Angeles 1.

#### Encephalitis.

San Francisco reported one case of epidemic encephalitis.

### COMMUNICABLE DISEASE REPORTS.

DISEASES.	1923-1924				1922-1923			
	Week ending			Reports for week ending Mar. 29 received by April 1	Week ending			Reports for week ending Mar. 31 received by April 3
	Mar. 8	Mar. 15	Mar. 22		Mar. 10	Mar. 17	Mar. 24	
Anthrax.....	0	0	1	0	0	1	0	0
Cerebrospinal Meningitis.....	3	0	3	1	3	5	1	2
Chickenpox.....	440	537	436	384	252	231	282	162
Diphtheria.....	288	277	231	234	176	150	159	127
Dysentery (Bacillary).....	2	0	3	0	0	2	1	0
Epidemic Encephalitis.....	2	1	3	1	4	8	1	2
Epidemic Jaundice.....	0	0	0	0	0	0	0	0
Gonorrhoea.....	117	151	85	78	172	65	89	143
Influenza.....	49	35	49	16	642	365	425	177
Leprosy.....	0	2	1	0	1	0	0	1
Malaria.....	0	4	0	2	2	2	1	1
Measles.....	1620	1547	1341	1231	641	680	732	599
Mumps.....	66	59	52	48	31	32	43	20
Pneumonia.....	70	79	78	67	106	100	136	122
Poliomyelitis.....	2	2	3	2	1	0	0	0
Rabies (Human).....	0	0	0	0	0	0	0	0
Scarlet Fever.....	318	289	266	282	217	201	210	172
Smallpox.....	252	320	303	301	20	22	29	13
Syphilis.....	151	212	111	72	132	88	107	94
Tuberculosis.....	266	240	236	154	182	187	141	134
Typhoid Fever.....	77	15	198	15	6	9	2	10
Typhus Fever.....	0	0	0	0	0	0	0	0
Whooping Cough.....	52	41	42	37	139	159	212	130
Totals.....	3775	3811	3442	2925	2726	2307	2571	1942

CALIFORNIA STATE PRINTING OFFICE